

## *Meal Plan: Level 1*

# I'm Starting off Great!

Depending on when you choose to exercise, eat what's next in line on the list 45 minutes up to 2-3 hours beforehand, then eat the following meal within 30-45 minutes after your lift if possible. *If the timing is off and you aren't ready to eat, you could drink ½ of a protein drink, ½ cup cottage cheese, 1 string cheese, or low sugar, 10g protein bar.*

### Meal 1: Breakfast

- Smoothie: 10 oz Almond, coconut, or milk with ½ cup spinach or kale, 1 scoop protein powder, ½ banana, ¼ strawberries

### Meal 2: Morning Snack

- Low sugar/plain yogurt or apple

### Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and 1 tbsp light ranch
- Flat whole grain crackers or whole grain tortilla
- Baby carrots, broccoli, and light ranch or peanut butter

### Meal 4: Afternoon Snack

- 10-15 almonds or walnuts
- ½ banana

### Meal 5: Dinner

- Turkey, beef, or chicken cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- Sweet potato with organic butter and sea salt

### Meal 6: PM Snack

- Hard boiled egg or air popcorn with sea salt

Your calorie needs may be more or less than the recommended serving sizes above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables, I often add sautéed sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better. Try to eat this meal plan 3 days this week!

